



Mistrzostwa Polski Juniorów 16-letnich
Ostrowiec w., 13-15 lipca 2018r



Konkurencja 12
13-07-2018 - 11:13

Chłopców, 400m zmienny

16 lat
Wyniki Eliminacje

Rek Polski Seniorów	4:12.28	Matczak Mateusz	TRLOD	Belgrad (SRB)	11-07-2009
Rek Polski Jun. 16-lat	4:26.91	Kałasowski Jan	TRLOD	Ostrowiec w.	15-07-2016

Punkty: FINA 2017

Pozycja							Czas	Pkt.				
1.	Ja kiewicz Adrian		Muszelka Warszawa				4:42.99	639	A			
	50m:	28.45	28.45	150m:	1:36.57	35.80	250m:	2:54.49	42.63	350m:	4:11.82	33.68
	100m:	1:00.77	32.32	200m:	2:11.86	35.29	300m:	3:38.14	43.65	400m:	4:42.99	31.17
2.	Blachura Oskar		UNIA O wi cim				4:43.42	636	A			
	50m:	29.73	29.73	150m:	1:41.80	37.77	250m:	2:58.70	40.14	350m:	4:11.53	32.71
	100m:	1:04.03	34.30	200m:	2:18.56	36.76	300m:	3:38.82	40.12	400m:	4:43.42	31.89
3.	Zdziebło Piotr		Salmo ory				4:43.50	636	A			
	50m:	29.29	29.29	150m:	1:38.36	36.29	250m:	2:56.23	41.45	350m:		
	100m:	1:02.07	32.78	200m:	2:14.78	36.42	300m:	3:37.75	41.52	400m:	4:43.50	
4.	Rajca Wiktor		UKS 190 Łódź				4:45.13	625	A			
	50m:	29.50	29.50	150m:	1:40.05	37.20	250m:	2:56.51	40.72	350m:	4:11.90	34.08
	100m:	1:02.85	33.35	200m:	2:15.79	35.74	300m:	3:37.82	41.31	400m:	4:45.13	33.23
5.	Synowiec Mikołaj		Galicja Kraków				4:45.93	620	A			
	50m:	29.25	29.25	150m:	1:39.73	36.86	250m:	2:58.25	41.69	350m:	4:13.21	33.63
	100m:	1:02.87	33.62	200m:	2:16.56	36.83	300m:	3:39.58	41.33	400m:	4:45.93	32.72
6.	Ksi nicki Dawid		IKAR Mielec				4:48.74	602	A			
	50m:	31.39	31.39	150m:	1:47.54	40.63	250m:	3:03.26	37.95	350m:	4:16.21	34.70
	100m:	1:06.91	35.52	200m:	2:25.31	37.77	300m:	3:41.51	38.25	400m:	4:48.74	32.53
7.	Szczygieł David		UNIA O wi cim				4:49.36	598	A			
	50m:	30.45	30.45	150m:	1:41.95	37.28	250m:	3:00.03	42.06	350m:	4:16.81	34.26
	100m:	1:04.67	34.22	200m:	2:17.97	36.02	300m:	3:42.55	42.52	400m:	4:49.36	32.55
8.	Popiołek Dawid		Skarpa Lublin				4:50.24	592	A			
	50m:	29.75	29.75	150m:	1:43.67	39.24	250m:	3:04.70	43.06	350m:	4:18.79	32.89
	100m:	1:04.43	34.68	200m:	2:21.64	37.97	300m:	3:45.90	41.20	400m:	4:50.24	31.45
9.	Gałaszka Bruno		UNIA O wi cim				4:54.31	568	A			
	50m:	32.64	32.64	150m:	1:49.66	38.49	250m:	3:07.17	40.17	350m:	4:22.29	33.08
	100m:	1:11.17	38.53	200m:	2:27.00	37.34	300m:	3:49.21	42.04	400m:	4:54.31	32.02
10.	Doroba Michał		L SK Wrocław				4:54.33	568	A			
	50m:	31.66	31.66	150m:	1:47.33	39.70	250m:	3:07.72	42.04	350m:	4:23.04	33.54
	100m:	1:07.63	35.97	200m:	2:25.68	38.35	300m:	3:49.50	41.78	400m:	4:54.33	31.29
11.	Woronko Krzysztof		Kormoran Olsztyn				4:55.22	563	B Skr.			
	50m:	29.34	29.34	150m:	1:40.46	36.96	250m:	3:00.99	44.40	350m:	4:21.64	35.38
	100m:	1:03.50	34.16	200m:	2:16.59	36.13	300m:	3:46.26	45.27	400m:	4:55.22	33.58
12.	Starczyk Jarema		MMKS K dzierzyn-K				4:58.47	545	B			
	50m:	32.92	32.92	150m:	1:51.79	40.71	250m:	3:10.30	38.57	350m:		
	100m:	1:11.08	38.16	200m:	2:31.73	39.94	300m:	3:50.89	40.59	400m:	4:58.47	
13.	Płatek Maciej		UNIA O wi cim				4:59.35	540	B			
	50m:	32.35	32.35	150m:	1:46.66	39.43	250m:	3:08.85	44.46	350m:	4:26.41	34.61
	100m:	1:07.23	34.88	200m:	2:24.39	37.73	300m:	3:51.80	42.95	400m:	4:59.35	32.94
14.	Krzysztyński Jan		Galicja Kraków				4:59.72	538	B			
	50m:	30.89	30.89	150m:	1:45.43	39.13	250m:	3:06.92	42.77	350m:	4:26.00	34.11
	100m:	1:06.30	35.41	200m:	2:24.15	38.72	300m:	3:51.89	44.97	400m:	4:59.72	33.72
15.	Rybacki Maksymilian		WARTA Poznań				5:00.13	536	B			
	50m:	30.57	30.57	150m:	1:46.00	39.72	250m:	3:07.29	43.19	350m:	4:26.70	35.82
	100m:	1:06.28	35.71	200m:	2:24.10	38.10	300m:	3:50.88	43.59	400m:	5:00.13	33.43
16.	Kubiak Norbert		WARTA Poznań				5:01.14	530	B			
	50m:	31.03	31.03	150m:	1:45.90	39.15	250m:	3:08.52	43.20	350m:	4:26.54	34.66
	100m:	1:06.75	35.72	200m:	2:25.32	39.42	300m:	3:51.88	43.36	400m:	5:01.14	34.60



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Pozycja								Czas	Pkt.
17.	Dołowy Grzegorz							5:01.43	529 B
	50m: 31.57	31.57	150m: 1:46.18	39.54	250m: 3:11.71	46.83	350m: 4:30.29	33.45	
	100m: 1:06.64	35.07	200m: 2:24.88	38.70	300m: 3:56.84	45.13	400m: 5:01.43	31.14	
18.	Kesler Marcin							5:04.93	511 B
	50m: 31.37	31.37	150m: 1:46.81	41.01	250m: 3:10.59	44.00	350m: 4:29.59	35.94	
	100m: 1:05.80	34.43	200m: 2:26.59	39.78	300m: 3:53.65	43.06	400m: 5:04.93	35.34	
19.	Pniak Bartosz							5:07.66	497 B
	50m: 32.19	32.19	150m: 1:53.37	43.94	250m: 3:16.81	42.42	350m: 4:33.77	35.92	
	100m: 1:09.43	37.24	200m: 2:34.39	41.02	300m: 3:57.85	41.04	400m: 5:07.66	33.89	
20.	Zwadło Piotr							5:08.71	492 B
	50m: 31.82	31.82	150m: 1:49.06	42.31	250m: 3:14.60	45.41	350m: 4:35.03	35.23	
	100m: 1:06.75	34.93	200m: 2:29.19	40.13	300m: 3:59.80	45.20	400m: 5:08.71	33.68	
21.	Kalisiak Norbert							5:09.97	486 R
	50m: 31.51	31.51	150m: 1:50.33	41.75	250m: 3:14.76	44.68	350m: 4:35.21	36.41	
	100m: 1:08.58	37.07	200m: 2:30.08	39.75	300m: 3:58.80	44.04	400m: 5:09.97	34.76	
22.	J drszczyk Kacper							5:10.92	482 R
	50m: 32.51	32.51	150m: 1:52.42	41.91	250m: 3:14.86	41.93	350m: 4:36.09	37.15	
	100m: 1:10.51	38.00	200m: 2:32.93	40.51	300m: 3:58.94	44.08	400m: 5:10.92	34.83	
23.	Kowalski Jakub							5:15.73	460
	50m: 30.59	30.59	150m: 1:51.93	44.06	250m: 3:19.32	45.30	350m: 4:41.16	36.84	
	100m: 1:07.87	37.28	200m: 2:34.02	42.09	300m: 4:04.32	45.00	400m: 5:15.73	34.57	
24.	Wencel Adrian							5:35.13	385
	50m: 33.01	33.01	150m: 1:56.89	44.08	250m:		350m: 4:57.44	39.30	
	100m: 1:12.81	39.80	200m: 2:39.58	42.69	300m: 4:18.14		400m: 5:35.13	37.69	